



Cherry Dutch Baby

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 2 cups cherries pitted
- 3 large eggs
- 0.8 cup flour
- 2 tablespoons granulated sugar
- 4 servings lemon wedges for serving
- 0.8 cup milk
- 4 servings powdered sugar

0.3 teaspoon salt

Equipment

frying pan

oven

blender

Directions

Preheat oven to 42

In a blender, whirl flour, granulated sugar, milk, eggs, and salt until smooth.

Melt butter in a 12-in. ovenproof frying pan over high heat.

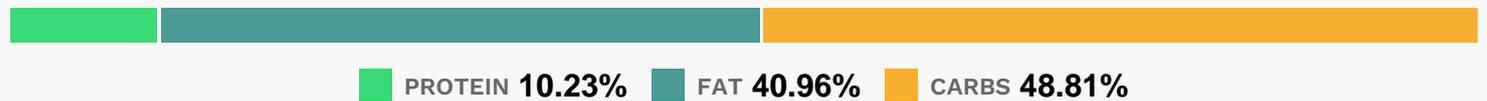
Add cherries; cook until warm, about 2 minutes.

Pour in batter.

Bake until golden brown and puffed, 20 minutes.

Serve with a dusting of powdered sugar and a squeeze of fresh lemon juice.

Nutrition Facts



Properties

Glycemic Index:70.15, Glycemic Load:20.07, Inflammation Score:-5, Nutrition Score:10.318695669589%

Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.59mg, Quercetin: 1.59mg,
Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 366.09kcal (18.3%), Fat: 16.93g (26.04%), Saturated Fat: 9.38g (58.63%), Carbohydrates: 45.39g (15.13%),
Net Carbohydrates: 43.28g (15.74%), Sugar: 25.08g (27.87%), Cholesterol: 175.49mg (58.5%), Sodium: 307.91mg
(13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Selenium: 20.56µg (29.37%), Vitamin
B2: 0.38mg (22.4%), Phosphorus: 163.82mg (16.38%), Vitamin B1: 0.24mg (16.29%), Folate: 63.81µg (15.95%),
Vitamin A: 675.54IU (13.51%), Iron: 2.01mg (11.17%), Manganese: 0.22mg (11.09%), Vitamin B12: 0.6µg (10.08%),
Vitamin B5: 1mg (10.03%), Calcium: 93.65mg (9.37%), Potassium: 303.73mg (8.68%), Fiber: 2.11g (8.44%), Vitamin
D: 1.25µg (8.35%), Vitamin B3: 1.57mg (7.87%), Vitamin B6: 0.14mg (6.85%), Vitamin C: 5.36mg (6.5%), Zinc: 0.9mg
(5.99%), Magnesium: 23.1mg (5.78%), Vitamin E: 0.81mg (5.4%), Copper: 0.1mg (5.2%), Vitamin K: 2.76µg (2.63%)